



**SOME MEMBERS OF THE CAMBERWELL WEIGHT-LIFTING CLUB.**

INSET.—W. A. Pullum, World's Record Holder, and 9st. and 10st. Amateur Champion of Great Britain, 1912. Instructor to the Camberwell Club.  
SEATED LEFT TO RIGHT.—W. A. Pullum (Instructor to the Club), E. Aston, Founder and Professional Adviser, P. W. Arden, 12st. Amateur Champion, 1912.  
STANDING, LEFT TO RIGHT.—J. Paine, 9st. Snatch Record Holder, 109lbs. S. Devis, first Englishman to lift twice his own weight to shoulder one hand, 252lbs. H. P. Flint, Runner-up 10st. Champion, 1912. Ed. Fairhall, Secretary and Treasurer to the Club. H. Jackson, 10st. Pull over on Back and Push Record Holder, 200lbs. S. Pullum, age 16, weight 7st. 7lb., who has lifted 224lbs. to shoulder one hand. T. W. Clarke, 10st. Snatch Record Holder, 1204lbs.

with still another gold medal for the 250lbs. Two days after this, on May 25th, I created two fresh records, and broke another at the L.W.L.C., namely, 140lbs., T.H. military press, 164½ T.H. Continental press, and 204lbs. T.H.C., the last being an increase of 5lbs. on the record of 199lbs. held by J. Paine, of the C.W.L.C.

J. Paine gained this record the same night that H. Jackson, another member of the Camberwell Club, created a British amateur record at 10st. 7lbs. for the pull-over and push, whilst lying on back, lifting 200½lbs. Jackson weighed 9st. 7½lbs. and Paine 8st. 12lbs. at the time.

Only a very short time had

elapsed, when I was the recipient of a pleasant surprise, for E. Fairhall, our popular Secretary, informed me that the members of the club had shown their appreciation of my efforts by subscribing three guineas to be presented to me, to commemorate my record lift of 6lbs. over the double-body weight lift. When I ecstatically remarked on the size of the medal, Mr. Fairhall exclaimed, that "the dimensions of the gift were only equalled by the magnitude of the performance."

Well, they should know, so I leave it at that.

I can only say that their esteem has made me work the harder, both in their interests and mine.

As the majority of readers of this are aware, some very interesting announcements of the capabilities of the performances of other members of this club have appeared in all the P.C. magazines, and judging by the communications I have received from provincial lifters, the efforts of the C.W.L.C. are eagerly scrutinised and devoured with avidity.

Chief among these lifts were the remarkable feats of S. Devis (9st.) and S. Pullum (7st. 7lbs.), age 16, who were credited with lifting, in the one-hand-anyhow style, to the shoulder 250lbs. and 200lbs. respectively.

These announcements were sceptically received in certain circles, but



merit cannot for ever be kept in the background, and eventually the interest of no less a personage than Prof. Thomas Inch was aroused, and he generously agreed to present my brother and Devis with prizes if they were successful in duplicating the performances they had been credited with. He also extended his generosity to any novice pupils I had who at their weight could do a good lift, and in response to his invitation we rolled up in force. In case all readers of *HEALTH AND VIM* are not familiar with the result, I cannot do better than quote the following:—

“Prof. Inch witnessed some remarkable instances of strength and skill when he saw the following feats performed by a few members of the Camberwell Club: W. A. Pullum, 188½ lbs. R.H.A., world’s amateur record; T. Devis, 250 lbs. O.H.A. to shoulder only, world’s record at 9st.; S. Pullum, 190 lbs. same style, world’s record at 7st. 7 lbs.; P. W. Arden, 150½ lbs. military press, British amateur record at 10st. 7 lbs.; J. Paine, 104½ lbs. L.H.S., British amateur record at 9st.; E. Fairhall, 198 lbs. T.H.C.; and H. Jackson, 9st. 7 lbs., 133 lbs. R.H.C. and jerk. These lifts were performed on June 8th, at the L.W.L.C., by kind permission of Mr. Nunn, President of the club. Prizes awarded by Prof. Inch:—Gold medal to W. A. Pullum; silver medals to T. Devis, S. Pullum, P. W. Arden, and H. Jackson; bronze medals, E. Fairhall and J. Paine.”

Thus did the C.W.L.C. uphold its reputation, and vindicate itself of any slurs that had been cast upon genuine performances.

To resume, I dozed off again until June 20th, when I put up a record for the T.H. Continental jerk, lifting 217 lbs. at the first attempt, troubling the Association for still another piece of wall-paper. What it costs me in flour to make the paste necessary for affixing these decorative designs to the walls of the club can only be imagined.

On Friday evening, July 5th, the record-breaking fever again attacked me, and it was someone else’s record that went this time, to wit, Harold Lawton’s, of Farnworth.

To Lawton, who I hear is doing a great deal for weight-lifting in his district, belongs the honour of being the first amateur to break the L.H.C.

record of 147 lbs, which had stood for years.

He also holds the record for the R.H.S. 118½ lbs, his weight being about 8st. 10 lbs. Taking into consideration the handicaps of provincial lifters and the disadvantages under which they labour, it is safe to assume that if Lawton was nearer London we should hear still more from him. Lawton’s L.H.C. stood at 148½ lbs., and by lifting 161 lbs. at my first attempt I increased it by 12½ lbs, and transferred it to my name.

I did not break any more records until the Annual Championships, when I increased the existing record of 204 lbs. T.H.C. (my own) by 1 lb. in the 9st. class. I tried to beat it again by 6 lbs. in the 10st. class, and failed, but having already **won the 9st. and 10st. championships on the same evening**, I had naturally expended more energy than was necessary to warm up for a record, so I consider I am excused.

To return to the result of the championships, once again was the class of the C.W.L.C. entrants displayed to advantage. Take Arden’s performances in the Novices’ Competition in February, and his championship efforts in July. Here was a man who could have easily got in the 10st. class if necessary (he actually weighed 10st. 3 lbs. on the night), competing in the 12st. class, increasing 17 lbs. on his singles and 5 lbs. on his double handed lift in the short space of five months. And I may also add he could have accomplished much more if he had been extended. Then we have Flint, whose total in the Novices’ Competition in February was 465 lbs. on the three clean lifts. He joined the club six weeks before the championships were decided, and he improved to such an extent that his total in the 10st. class was 500 lbs. ‘Tis truly said, “Actions speak louder than words.”

My military press of 157½ lbs., not 156½ lbs., performed at the conclusion of the championship meeting, provided a suitable setting for an hitherto unparalleled achievement, namely: 3 entrants from one Club, produces 3 champions and 1 runner-up. And it is worthy of note that the 9st. champion was 4 lb. under weight, and naturally the 10st. champion was 18 lbs. under weight, the 10st. runner-up was well under, and the 12st.

amateur champion was 25 lbs. under weight. Readers will draw their own conclusions upon knowledge of these facts.

And since the Championship we have been at it again. On Sept. 5th I went one better than the failure of 211 lbs. aforementioned. I succeeded with 212 lbs. T.H.C., thereby winning a splendid gold medal from Mr. Monte Saldo. T. H. Clarke, a novice of this Club, who joined in May, 1912, created a snatch record for the left hand at 10st., by lifting 120½ lbs. J. Paine, at 9st., put his own record of 104½ lbs. L.H.S. up by 4½ lbs., and S. Pullum performed 112½ lbs. R.H.C., at 7st. 7 lbs., easily. The Camberwell Club are prepared to match S. Pullum against any lad not more than 17 years of age, or 8st. in weight, at the R.H.A. lift to the shoulder for a suitable prize.

Even as late as Sept. 11th, by permission of the B.A.W.L.A., a semi-private meeting was held, at which Mr. A. B. Gunnell presided as



Miss Flo. E. Watson,  
56, Castleragh Street, Belfast. Silver Medal.